

Returning to Duty Postpartum



Balancing family life with your career goals is possible – Access the *Postpartum Return to Duty Transition Guide!*



Meet your goals for...

PHYSICAL & MENTAL HEALTH

by knowing the

POLICIES & RESOURCES

available to you

The ***Postpartum Return to Duty Transition Guide*** helps new mothers plan their return to service. By understanding the Navy's policies for mothers and the resources in place to support them, you can set a plan that **puts you and your family first.**

ACCESSING THE GUIDE

Follow this link and navigate to the Pregnancy & Postpartum Tab:

www.med.navy.mil/Navy-Marine-Corps-Public-Health-Center/Womens-Health/

OR Scan this Quick Response Code



TOPICS INCLUDED IN THE GUIDE

- PT expectations
- Exercise after pregnancy
- Contraception after pregnancy
- Breastfeeding
- Postpartum blues and depression
- Postpartum deployment
- Breastfeeding while deployed
- Navy and Marine family support resources
- Mobile apps for new moms